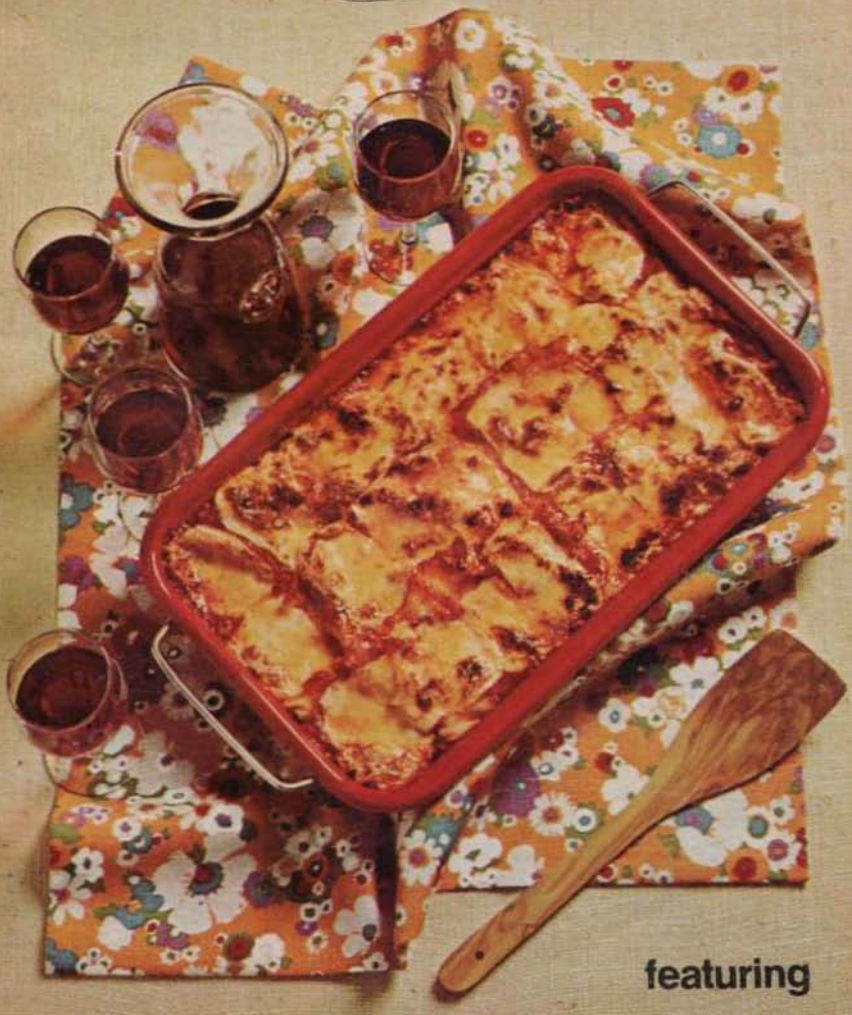
WINTER, 1973

HOMEMAKING

with a flair



featuring

BUDGET GASTRONOMY BY JAMES BEARD

VALUABLE COUPONS INSIDE

Basque Vegetable Soup

A TIP from James Beard on how to make the most of the end of the ham—use it for an inexpensive soup-stew that is just the thing for dinner on a winter evening.

BASQUE VEGETABLE SOUP

Soak 1 lb. white pea beans and ½lb. dried peas overnight in water (unless they are the quick-cooking type). Next day, put them in a deep kettle with a meaty ham knuckle, 2 bay leaves, an onion stuck with 2 cloves, 3 qts. water. Cook 1 hour, taste for salt (if ham is salty, it will not be needed). Cook until beans are tender. Drain, reserving liquid. In bean liquid cook 6 potatoes, cut small, 4 slices carrots, 4 diced turnips, 5 cut-up leeks, 6 chopped garlic cloves, 1 t. thyme, 1 bay leaf. When tender, add 1 small shredded cabbage, the beans and peas, meat from ham bone, 12 sausages. Cook until cabbage is just tender and soup very thick. Serve in bowls, sprinkled with grated Swiss cheese, with hot French bread. Serves 6 to 8.



LETTER FROM THE PUBLISHER

We are very pleased with your response to our past issues of "HOMEMAKING WITH A FLAIR." It has been our intention to offer you new ideas in food preparation, always with a creative flair that makes your table more exciting for family and guests.

With this issue of "HOMEMAKING WITH A FLAIR" we have chosen a title which is self explanatory—we call it "Budget Gastronomy."

Our Master Chef "James Beard" gives you a choice of simple and thrifty gourmet recipes—great dishes from around the world.

What's more, in preparation, you save time and trouble because they are all cooked in one pot or casserole.

You can feed your family and friends some of the best meals they have ever tasted—and save money in the bargain.





Phillip Weil

Publisher

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Photographs by Fotiades-Falkensteen.

HOMEMAKING
with a flair

SHOPPING GUIDE FOR $ VALUES

As a further service to you, we are listing many participants in the "HOMEMAKING WITH A FLAIR" envelope.

These brands make it possible for us to bring you "HOMEMAKING WITH A FLAIR," and we ask that you use their coupon or offer where possible.

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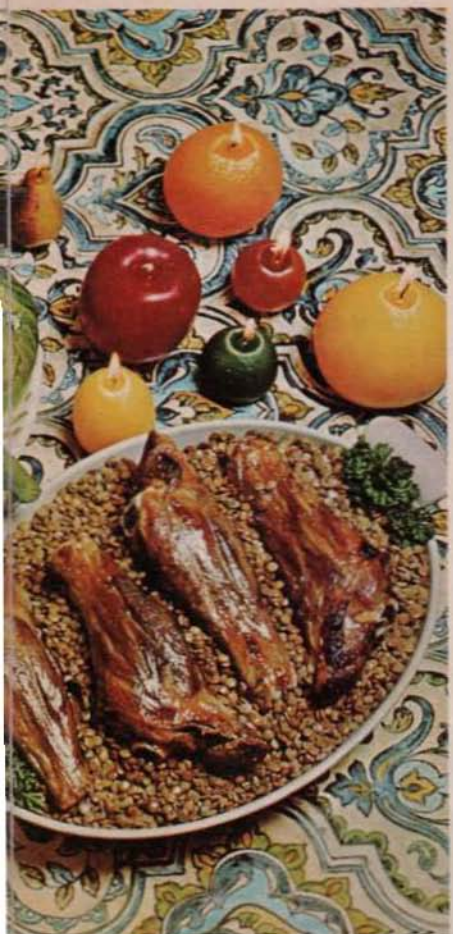


Poule Au Pot, Cocido and Lamb Shanks with Lentils

POULE au pot, or chicken in a pot, is a wonderfully hearty French country dish made with a stuffed stewing fowl—and one of James Beard's favorite dinners.

POULE AU POT

Rub a 6-to-7-lb. stewing fowl with salt and pepper. Sauté 2 large chopped onions in 4 oz. butter until limp. Add 1 t. thyme, ¼ cup chopped parsley, 1 cup finely chopped cooked ham or pork, 2 to 3 cups soft breadcrumbs. Blend. Mix in 6



lightly beaten eggs, ¼ cup brandy, season with salt and pepper. Stuff bird loosely, place piece of foil in vent and sew up tightly. Put in a deep pot with a 1-lb. piece of salt pork, 1 onion stuck with 2 cloves, 1 bay leaf, hot water to cover. Bring to a boil, cover, reduce heat, simmer gently until tender, 2½ to 3 hours. One hour before end of cooking time, add 6 onions, 6 carrots, 6 turnips. Cook until tender. Serve broth first, then slices of chicken and salt pork, stuffing and vegetables. Serves 6.

THRIFTY, tasty lamb shanks are delicious if properly prepared. Braise them, then bake them with lentils for a money-saving one-dish meal.

LAMB SHANKS AND LENTILS

Soak 1½ cups lentils in water overnight (unless they are the quick-cooking variety, in which case, follow package directions). Next day, add 1 onion stuck with 2 cloves, 1 bay leaf, 1 T. salt, bring to a boil and simmer until just tender. Let lentils cool in their own liquid.

Dust 4 meaty lamb shanks with flour seasoned with salt and pepper. Brown quickly in butter, oil or bacon fat. Add 2 chopped garlic cloves, 1 t. salt, 1 t. black pepper and 1 cup white wine or broth. Cover and simmer until tender. Add 1 T. gravy browning to pan and baste well.

Arrange lentils in a casserole and top with lamb shanks. There should be just enough liquid to cover lentils. Add 3 T. grated onion and juices from shanks. Bake in a 375° oven for 40 mins. or until shanks are crusty. Serves 4.

SPANISH Cocido, a savory and satisfying stew of beef brisket, salt pork, sausages, vegetables and chick peas.

COCIDO

Place in a large pot 2½ lbs. fresh beef brisket, 4 peeled carrots, 4 trimmed and well washed leeks, 2 pounds salt pork, 2 pounds chorizo (Spanish sausage), 2 drained 29-oz. cans chick peas, 1 t. salt, 1 t. rosemary, ½ t. freshly ground black pepper and enough water to slightly more than cover the meat and vegetables. Bring to a boil, reduce heat, cover and simmer gently 2-½ to 3 hours. Add 1 head cabbage, cut in 8 wedges. Continue cooking until cabbage is tender. Taste for seasoning.

Serve the broth in individual bowls. Slice meats and arrange on a platter with the vegetables and, if you wish, potatoes, boiled separately. Serves 6 to 8.

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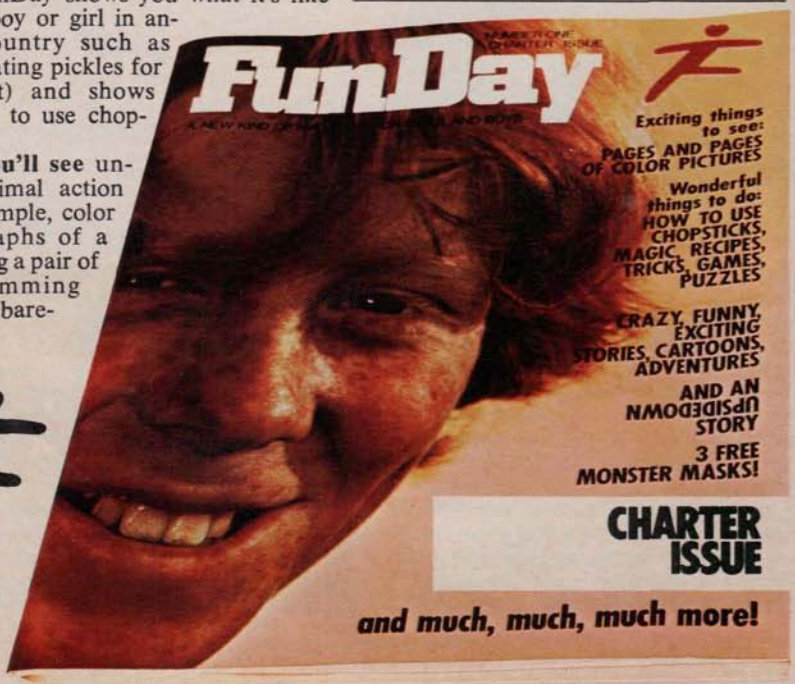
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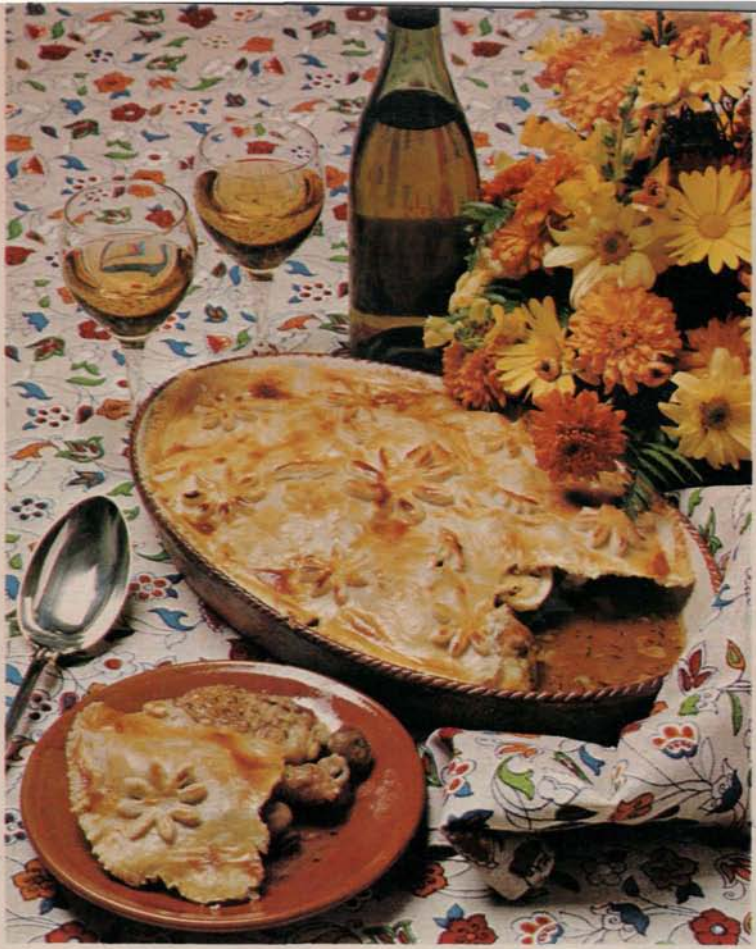
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Chicken Leg Pie

PLUMP, meaty chicken legs are always an economical buy, even more so if you follow James Beard's advice and turn them into a savory pie.

CHICKEN LEG PIE

Lightly flour 6 chicken legs and thighs. Brown on all sides in 6 T. butter. Add 4 slices bacon, cut in small pieces, 2 finely chopped onions, 1 crushed garlic clove, 1 crumbled bay leaf, 1 t. thyme, salt and pepper to taste, 1 can drained button mushrooms and 1 cup white wine. Cover and simmer 45 mins. Add a little more wine if it cooks down too much. Cool, and remove chicken to a pie dish. Add 4 hardboiled eggs, halved, and pour pan liquid over all. Top with a crust of rolled-out pie dough, cut vent in top and insert paper cornucopia. Brush pastry with 1 egg yolk beaten with 1 T. cream. Bake in a 375° oven 30 mins., or until crust is brown. Serves 6.

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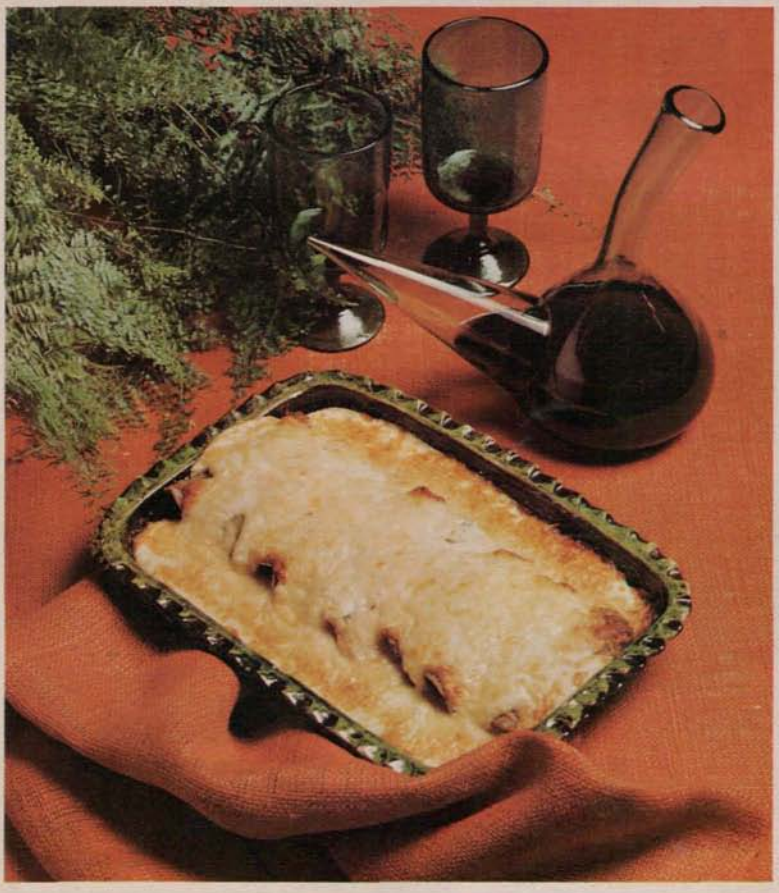
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Swiss Enchiladas



THIS easy Mexican dish, which can be made with leftover cooked chicken, is not at all hot, but creamy and delicious. The name? Anything with cream in it is called "Swiss" in Mexico.

SWISS ENCHILADAS

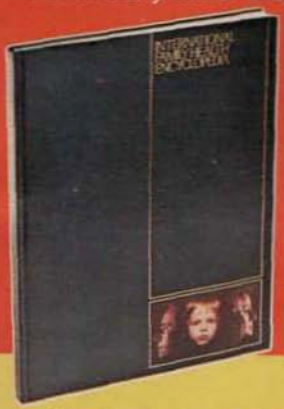
Sauté 1 chopped onion until soft in 2 T. oil. Add 1 crushed garlic clove, 2 cups tomato purée, 2 chopped canned green chilies and 2 cups cooked chopped chicken. Season with salt and *simmer 10 mins.*

Fry 1 dozen tortillas (fresh, frozen or canned) in about 1 inch hot oil. Do not let them crisp, as they are to be rolled. Dissolve 6 chicken bouillon cubes in 3 cups hot cream. Dip each tortilla in this, cover generously with chicken filling and roll up.

Arrange rolls in baking dish and pour remaining cream mixture over them. Top with ½ lb. grated Jack or Swiss cheese. Bake in a 350° oven for 30 mins.

If you wish, garnish with avocado slices or hard-cooked eggs, radishes, ripe green olives. Serves 6.

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Jambalaya

NOTHING could be finer than James Beard's version of the famous New Orleans rice dish, jambalaya. It's Southern cooking with flair and an easy, inexpensive way to feed your family.

JAMBALAYA

Heat 1 T. butter and 1 T. olive oil in a skillet. Add and brown 1 lb. lean cubed pork and 1 large chopped onion. Add 1 lb. cubed ham and sauté 3 mins. Transfer pork, ham and onion to a casserole. Cover with 1 cup rice. Add to skillet 4 cups water, ½ cup sherry, 1 t. dry mustard, ½ t. celery salt, ½ t. summer savory, ½ t. thyme and ¼ t. black pepper. Bring to a boil. Pour into casserole, stir once into meat mixture. Cover and bake in a 325° oven for 40 mins. or until liquid is absorbed. Stir once with fork during cooking. Serves 4.



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Choucroute Garnie

FOR a buffet dinner, James Beard recommends the famous Alsatian dish of sauerkraut, pork and sausages. It looks spectacular and tastes even better than it looks.

CHOUCROUTE GARNIE

Line a big kettle with strips of salt pork or bacon. Top with 4 pounds well washed sauerkraut. Push in the center a large piece of salt pork (soaked in water to remove excess salt). Add 3 whole garlic cloves, 2 teaspoons freshly ground black pepper, 6 pork loin chops, which have been browned on both sides in butter, and just enough broth or dry white wine to cover. Bring to a boil, cover, reduce heat and simmer gently 2¼ hours. Add 12 frankfurters and simmer 15 minutes longer. Meanwhile, boil 12 small potatoes in their jackets.

Arrange drained sauerkraut in center of a platter, surround with chops, frankfurters and sliced salt pork. Serve with potatoes. Serves 6.

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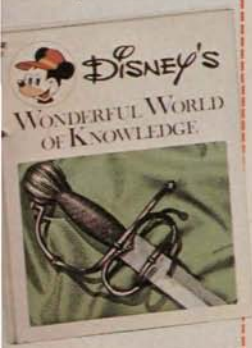
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Baked Mexican Rice

ADD the spicy flavor of chili powder and Spanish sausage to a simple rice casserole. That's James Beard's secret for giving an economical family dish a fiesta flair.

BAKED MEXICAN RICE

Sauté 1 finely chopped onion and 1 finely chopped garlic clove in ⅓ cup olive oil in a heavy casserole until just soft. Add 1 cup rice, 1 t. salt, 1 t. freshly ground black pepper and 1 T. chili powder and brown rice slightly. Add a 4-oz. can drained button mushrooms, 8 to 12 slices chorizo (Spanish sausage) or garlic sausage and about 1½ cups boiling beef or chicken stock, or enough to come one inch above the rice. Cover with a tight lid and bake in a 350° oven until liquid is completely absorbed, about 30 to 35 mins. Sprinkle with grated Parmesan cheese. Serves 4.

Moussaka

LEFTOVERS taste better the second time around in economy gastronomy. James Beard uses cold lamb or beef for the famous Greek moussaka.

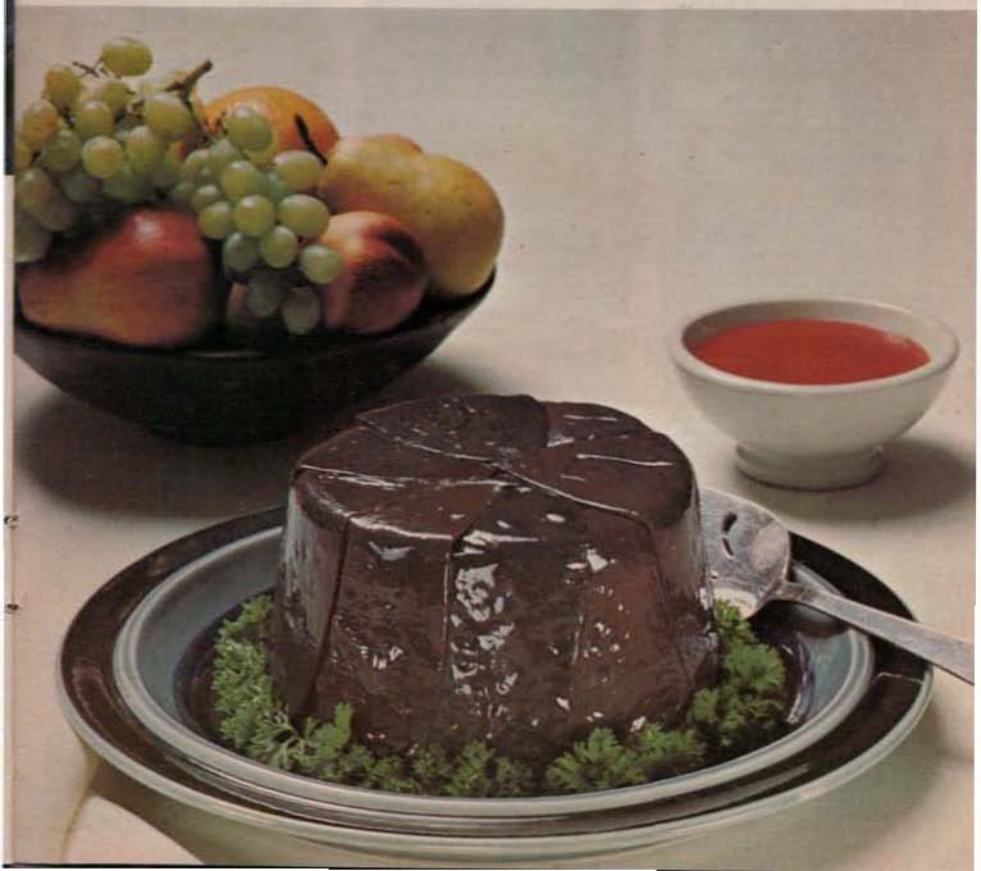
MOUSSAKA

Quarter 2 large eggplants. Carefully peel off skin in one piece and blanch in boiling water until limp. Cube flesh and dust with flour. Brown in ¼ cup oil. Reserve half eggplant. Put rest in bowl with 2 lbs. ground cooked lamb or beef, 2 finely chopped onions sautéed in butter, ½lb. finely chopped mushrooms, ½ cup fine bread-crumbs, 1 minced garlic clove, 2 T. chopped parsley, 3 lightly beaten eggs, ¾ cup tomato purée, dash of nutmeg, salt, pepper. Mix well.

Oil a deep round ovenproof glass casserole. Line with eggplant skin, purple side down, draping it around inside and over edge.

Fill with alternate layers of meat mixture and eggplant cubes. Fold overhanging edges of skin over, cover top with more skin. Stand mold in pan of hot water.

Bake in 350° oven for 2 hours. Remove. Let stand 10 mins. Invert mold on large platter. Serve with tomato sauce. Serves 6.



Any 10 stereo tapes

if you join now and agree to buy 8 more selections (at regular Club prices)



* Selections marked with a star are not available in reel tapes

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Please accept my membership application. I am interested in the following type of recorded entertainment:

Be sure to check one box only

- ☐ **8-Track Cartridges** (P4-W) **9J8**
- ☐ **Tape Cassettes** (P5-X)
- ☐ **Reel-to-Reel Tapes** (P6-Y)
- ☐ **12" Stereo Records** (P7-Z)

Send me the 10 selections indicated, and bill me only $1.97, plus processing and postage. I agree to buy 8 more selections (at regular Club prices) in the next two years, and may cancel membership any time thereafter. If I continue, I'll be eligible for your bonus plan.

All selections will be described in advance in the Club magazine, sent every four weeks. If I do not want any selection, I'll mail the response card by the date specified – or use it to order any selection I do want. If I want only the regular selection for my musical interest, I need do nothing – it will be sent automatically. From time to time, I'll be offered special selections which I may accept or reject by using the dated form always provided.

MY MAIN MUSICAL INTEREST IS (check one box only)

☐ **Easy Listening** ☐ **Teen Hits** ☐ **Country** ☐ **Classical**

☐ **Mr.**
☐ **Mrs.**
☐ **Miss**.....

(Please Print) **First Name** **Initial** **Last Name**

Address.....

City.....

State.....**Zip Code**.....

Do you have a telephone? (check one) ☐ **YES** ☐ **NO**

Send these 10 selections

APO, FPO addressees: write for special offer

S73

or records for only $1.97 plus processing and postage

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225334* BREAD THE GUITAR MAN
223784* CHER SUPERPACK The Impossible Dream
223669* PORTRAIT OF SAMMY DAVIS, Jr. Mr. Bojangles
173674 BEETHOVEN'S GREATEST HITS
221432 PERCY FAITH Day By Day
223123* LIZA MINNELLI Liza with a "Z"
201129 TCHAIKOVSKY 1812 Overture Philadelphia Orch., Ormandy
221176 ELTON JOHN HONKY CHATEAU
220731* BOBBY VINTON Sealed With A Kiss
221457* SONNY JAMES WHEN THE SNOW IS ON THE ROSES
212761 ARTHUR FIEDLER and the Boston Pops BACHARACH-HAL DAVID SONGBOOK

221994* DAVID CASSIDY ROCK ME BABY
220723 FOXY LADY CHER
225284* FOUR TOPS KEEPER OF THE CASTLE
222745 IT'S A BEAUTIFUL DAY LIVE at CARNEGIE HALL
224758* LYNN ANDERSON'S GREATEST HITS
220988 CARLOS SANTANA & BUDDY MILES LIVE
216093 SONNY & CHER ALL I EVER NEED IS YOU
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220368 JOY Great Composers' Hits for the '70's
220335* CHUCK BERRY THE LONDON SESSIONS
187088 BARBRA STREISAND'S GREATEST HITS
213538 PAUL SIMON Me and Julio Down by The Schoolyard

225227* RICHIE HAVENS ON STAGE 225228 COUNTS AS TWO
224766* YES CLOSE TO THE EDGE
218479 CARPENTERS A SONG FOR YOU
221689 T. REX THE SLIDER
192583* ROBERTA FLACK FIRST TAKE
222125 ROD STEWART Never A Dull Moment
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218289 SAMMY DAVIS, JR. NOW
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216564* BOBBY SHERMAN Greatest Hits
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You agree to buy eight selections (at regular Club prices) in the next 2 years — and you may cancel membership at any time after doing so.

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You may accept or reject selections as follows: every four weeks you will receive a new copy of the Club's music magazine, which describes the regular selection for each musical interest — plus hundreds of alternates from every field of music.

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F132/S73

A special message from our travel editor...

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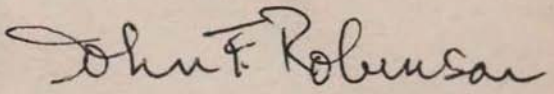
You make all your arrangements with a Club approved travel agent in your own area, who will work out all your personal requirements to your own satisfaction.

Briefly, you fly major airlines, such as Pan Am, on their regularly scheduled flights, and save as much as 40% off standard economy fares. You'll be able to choose the kind of trip you want, when you want to go, and at a price you can readily afford.

What is more, as a Charter Member of the Club, you are guaranteed to save at least $100 a year on trips and vacations in this country, on merchandise, books, cameras and much more or we'll refund your dues in full, no questions asked.

Send no money. Simply fill in and return the Charter Member Certificate. We'll bill you later. Or you can simply tell us to forget it, if you're not convinced by your first Club Trip Newsletter and Discount Kit.

Sincerely,



John F. Robinson
Travel Editor

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At special low, low prices.

Plus guaranteed $100 saving on discounts in the U.S.

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You are invited to become a Charter Member of the new Flair Travel Club. You get significant savings on the already low annual dues, receive discounts guaranteed to save you at least $100.00 a year here at home, and your entire family is eligible for exclusive trips and vacations that we personally guarantee as the best you can get for the money—anywhere!

Exclusive trips and incredible bargains. Send no money. Fill in and return the charter member certificate today. Satisfaction guaranteed.

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3. All your travel arrangements made for you by a Club approved travel agent in your area—a member of the Association of Retail Travel Agents.
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5. Regular Club Newsletter to keep you abreast of special big savings, Club trips and vacations.

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Flair Travel Club

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Similar items sell in stores for $2.98, $3.98 and even $4.98. But these exclusive kits are available only to members for $1.25 plus 25¢ postage and handling for each month's selection.

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Join the fun of membership—share the thrill of opening each month's exciting "surprise package". Experience the pride of making beautiful, useful things with your own hands.

Why lose another minute! Mail coupon today to: National Handcraft Society, A-2163 Handcraft Bldg., Des Moines, Iowa 50337.

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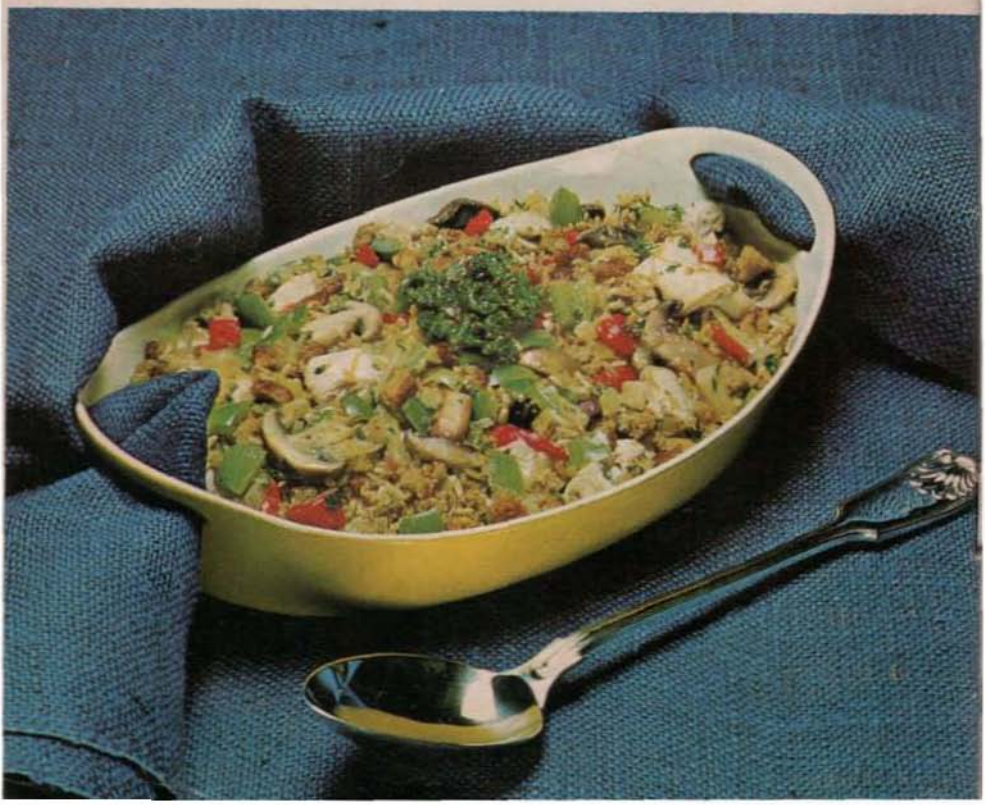
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Chicken Hash-in-a-Casserole

HERE'S a delicious, time-and-money-saving luncheon or supper dish—leftover chicken combined with ready-made crumb-and-rice stuffing, baked in a casserole.

Place contents of 1 package of Stuff 'n Such crumb and rice mixture in a bowl. Put ¾ cup chicken broth, ½ cup heavy cream, 2 T. butter and contents of seasoning packet in a saucepan, stir well and heat to boiling. Pour over crumb mixture, stir well and let stand 5 minutes.

Melt 4 T. butter in a skillet, add ½ cup chopped onion, ½ cup chopped green pepper and ½ cup sliced mushrooms and saute just until onion is limp. Mix with crumb mixture, 2 cups diced cooked chicken, ¼ cup chopped pimiento, 1 T. chopped parsley, 1 T. lemon juice and 1 t. finely grated lemon rind. Taste for seasoning. Put in a 1½ qt. casserole, cover and bake in a 300-degree oven for 25 minutes. Sprinkle top with chopped parsley and serve. Serves 6.



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You see, *Stuff 'n Such* is the delicious stuffing you make without the bird or the bother.

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